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Thursday, June 11, 2015

Winters, Texas 75¢

## Water levels are up in Winters

By Celinda Hawkins  
 MANAGING EDITOR  
 WINTERS ENTERPRISE  
 chawkins@ballingerledger.com

The two lakes that provide the water supply for the City of Winters are in really good shape, say city officials and that is thanks to the recent rains.

"We gained six feet in the new lake otherwise known as the Elm Creek Reservoir and Lake Winters is full," said Jack Davis, water and wastewater superintendent for Winters.

That is good news for Winters residents especially since the City of Ballinger, just 15 miles down Highway 83, is looking for an alternate water source.

"It doesn't rain like it used to," said Mayor Lewis Bergman adding that sometimes the rain just concentrates on a small area.

"We are blessed we are in such good shape," Bergman said.

But, Davis said, the water levels are fine at both of the lakes. Before the rains, Elm Creek Reservoir was down 13 feet, while Lake Winters was down only 1.5 feet.

"The rains really helped us

out," Davis said.

In all there are about 1,200 customers in the City of Winters, which also sells water to 700 customers from the North Runnels Water Supply Corporation.

"They are our only customers," Davis said.

Davis said on average, the City of Winters proper uses about 400,000 gallons of water per day or between 10 and 12 million gallons of water per month.

The healthy state of water in Winters makes for a lower price at the tap for customers. In Winters, the residential rate is \$18.06 base rate, and \$7.52 per 1,000 gallons after that. In Ballinger, the water rate is a \$40 per month base rate plus \$7.80 per 1,000 gallons used.

Davis said over the past 10 years the city has been upgrading the plant which includes \$2 million in monitoring equipment installed over the past two to three years and the total rehabilitation of the plant.

"We are in great shape," David said. "We don't have to have RO (reverse osmosis) systems - or any of that. The majority of our people like our water."



THERESA GERHART | CONTRIBUTED PHOTO

The Elm Creek Reservoir gained six feet of water after recent rains and Lake Winters is full, say city officials. Both provide water for 1,200 customers in Winters. The City of Winters sells water to about 700 customers with the North Runnels Water Supply Corporation.



JOE GERHART | CONTRIBUTED PHOTO

The Winters Blizzards Girls Softball team had seven players who won All-District Honors. Pictured from left to right are Victoria Sanchez, Stacie Ventress, Brookly Galloway, Caitlyn Shew, Jessica Roman, K'Lee Lindley, Magan Ballard. Aimee Green (left) and Cedit Taylor (right) received honorable mentions for All-District.

## Winters gets All-District Honors

WINTERS ENTERPRISE  
 STAFF REPORT

The District 7-2A All District Team was named last weekend and include several players from Winters.

Ty Cortez of Winters was named Defensive MVP. Kyler Richards of Winters was named Co-Newcomer of the Year; Daniel Gerhart, pitcher, 1st team; Sawyer Harris, catcher, 1st team; David Torres, 2nd team; Jordan Hamrick, infield, 2nd team; Daryl Hagle, outfield, 2nd team and Lukas Kraatz, outfield 1st team.

"I am very proud of them," said Ronny Ballard, head baseball coach for the Winters Blizzards. "They worked very hard

and did a great job."

The Winters Blizzards Girls Softball team had seven players who won All-District Honors. The honorees included Victoria Sanchez, Stacie Ventress, Brookly Galloway, Caitlyn Shew, Jessica Roman, K'Lee Lindley, Magan Ballard. Aimee Green and Cedit Taylor received honorable mentions for All-District.

Other All-District honorees included Michael Kalina, District MVP of Miles; Holt Oliver, offensive MVP of San Saba and Wyatt Mote, Co New-comer of the year from May and Utility Play of the Year honors went to Garrett Welch of San Saba.

SEE HONORS, 6

## Code enforcement in full swing in Winters

### City demolishing dilapidated structures

By Celinda Hawkins  
 MANAGING EDITOR  
 WINTERS ENTERPRISE  
 chawkins@ballingerledger.com

Over the past two years, the City of Winters has cracked down on code enforcement and so far, 20 or more structures have been torn down in the city.

Winters Police Chief Randall Davis along with other officers have been busy enforcing the ordinances.

"These laws have been on the books for many years," Davis said.

Currently the Winters Police Department is taking the lead

in code enforcement, but city officials want to create a dedicated position in the coming budget year.

Mayor Lewis Bergman said code enforcement is a slow process but the city is now making progress. Most of the dilapidated structures are unoccupied and haven't been in some time.

"Some of them are from families who have deeded the property to a relative who doesn't live here," Bergman said.

Bergman said the concern is that dilapidated structures decrease property values for other property owners.

"We have to enforce codes so property values don't go down," Bergman said.

Bergman said the city began the cleanup campaign in earnest about two years ago after the Texas Commission on Environmental Quality (TCEQ) eased regulations and allowed cities with a population of 10,000 or under to dig a pit to put debris from the demolition of structures. This brought the cost of demolition way down Bergman said.

"We can now use a combination of contracted and city workers for the demolition and we don't have to haul the

debris to Abilene, which was very costly," Bergman said. "It saves us \$5,000-\$6,000 per demolition."

Officials in Winters have identified some 80-plus dilapidated structures that are in violation of codes.

Davis said that when a violation observed, the owner is sent a notice of violation and is given 10 days to respond. If they fail to respond or remediate the problem, the case is forwarded to municipal court and eventually turned over to the city council, where members vote on whether to demolish

SEE CODE, 2



CELINDA HAWKINS/WINTERS ENTERPRISE  
 Winters Police Chief Randall Davis. The Winters Police Department is cracking down on code enforcement and has worked with city officials to expedite the demolition of 25 dilapidated structures throughout the city.

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# Three injured in rollover Saturday

WINTERS ENTERPRISE  
STAFF REPORT

Three people were transported to North Runnels Hospital in Winters following an accident between an SUV and an 18-wheeler Saturday, June 6.

According to the Department of Public Safety the accident occurred at 2:25 p.m. when an 18-wheeler pulling a tanker, was traveling north on State Highway 153 followed by the SUV. The tanker truck slowed to turn left in to a lease entrance and the SUV reportedly attempted

to pass the tanker truck as it began to turn left in to the entrance. The SUV struck the tanker truck on the left front quarter panel and overturned left into the field. The SUV landed upright in a field, witnesses reported.

The driver of the tanker truck was not injured, reported Trooper Frederick Biddle, spokesman for the DPS.

The driver of the SUV and two passengers were transported to the Winters hospital and treated for non-life threatening injuries.

# Foods to fire up your metabolism

More Content Now

### Tip of the Week

When it comes to a fast metabolism, some people seem to have hit the genetic jackpot. Luckily, your metabolism doesn't solely depend on factors out of your control. Making wiser food choices are two ways anyone can achieve a faster metabolism and a smaller waistline.

"When making changes to your diet, aim to eat an energy-boosting complex carbohydrate with a nutrient-rich protein," says personal trainers and registered dietitians Lyssie Lakatos and Tammy Lakatos Shames, "the Nutrition Twins." Here are some foods the Nutrition Twins recommend to help boost your metabolism:

**Eggs:** The satiating and blood sugar stabilizing protein found in eggs helps keep you full and extends the power boost from carbohydrates like oats. Chose Eggland's Best eggs over ordinary eggs because they provide three times more vitamin B12 as well as double the omega-3s.

**Oats:** The complex carbohydrates in oats fuel your brain and your body. Without them, your metabolism will suffer because you'll have very little energy to be active and burn calories. Oats are also fiber-filled which helps extend energy levels.

**Berries:** Berries, such as blackberries and strawberries, taste great and contain the phytochemical known as Cyanidin-3-glucoside. Research shows C3G aids in the production of both adiponectin, which enhances fat metabolism, and leptin, which suppresses appetite.

### EASY RECIPE: Wake-up Sunnyside Pineapple Berry Oatmeal

**Ingredients:**  
2 Eggland's Best eggs  
2 cup water  
1 cup quick-cooking rolled oats  
1/2 cup sliced strawberries  
1/2 cup blackberries  
1/2 cup fresh pineapple, cut in chunks

Bring water to a boil in a small saucepan. Add oats and reduce heat. Stir. Simmer for about 5 minutes or until oats are tender. While oats are simmering, spritz a small pan with oil. Heat over medium heat and add eggs. Cook until white is set and yolk is still soft. Divide oatmeal evenly amongst two serving bowls and mix in fruit. When eggs are ready, remove from pan. Top each bowl of oatmeal and berries with an egg.

### NUMBER TO KNOW

257.9: According to the American Egg Board, in 2014, the average American ate 257.9 eggs.

### WELCOME - WELCOME - WELCOME

#### Lighthouse Community Church

Formerly Southside Baptist Church

First service will be this Sunday Morning June 14

Sunday School will be at 9:30 a.m.

Worship Service at 10:45 a.m.

Services will be Bilingual  
COME AND WORSHIP WITH US.

Contact Danny Martinez

325-365-0678

#### Bienvenidos

a la Iglesia Lighthouse Community Church

"Antes Southside Baptist Church"

Sercicio este Domingo

June 14

a las 9:30 Escuela Dominical

10:45 Servicios de Adoracion

Danny Martinez Pastor

325-365-0678

### Winters Public Library hosts reading program

The theme of the Summer Reading Program at the Winters Public Library is "Every Hero Has A Story." The next meeting will be at 1:30 p.m. Tuesday June 16.

Toddlers through 5th grades are welcome to participate in the reading program. Teens are welcome to participate and to volunteer to help.

A representative from Dyess Air Force Base in Abilene will be the special guest next week. There will be snacks, goodie bags and special treats for the children to enjoy.

The Summer Reading Program continues every Tuesday through August 11.

### Historical Commission to publish book

The Runnels County Historical Commission is planning to publish a book about the many schools and post offices that have served the county. Over one hundred schools and twenty-eight post offices have been identified in the county.

The information is being compiled with plans to have the book published in the fall of 2015. Much more information is needed about the older, rural schools. School histories are needed for the current schools—Ballinger, Winters, Miles, and Olfen—as well as Wingate, Rowena, and Norton. Pictures are needed, especially from the 1940s to present.

Much information is found in the Rural View published in 1920, but that only covers a short period of school history. Anyone having histories of schools, pictures, or other historical information about Runnels County schools or post offices is encouraged to send the information to Ruth Cooper at [jrc@abilene.com](mailto:jrc@abilene.com) or Randall Conner at [rconner@wtxs.net](mailto:rconner@wtxs.net) or mail to PO Box 211, Winters 79567. The information must be received by July 1 in order to be included in the book.

### Z.I. Hale Museum Annual Meeting

The Z. I. Hale Museum will be holding its annual meeting on 6 p.m. on June 11. This yearly meeting starts with the election of directors and advisory members. In order to do this, we need your ballot with ten names chosen for directors. Anyone getting five

or more votes will be advisory members. New officers will be elected, new committees established and plans made for the new year.

### Country Club Tournament

The Winters Country Club is having their Industrial Tournament June 12-13. It is a three person Best Ball. Entry fee is \$175.00. For more information contact Jerry Sims or Jim Ventress.

### City Council Meetings

Winters City Council meets at 6 p.m. the last Monday of the month at 310 North Main.

### AA Meetings

AA meeting are held at 204 W. Truett behind church on Main St. 7 p.m. Tuesday and Thursday at Runnels County Alzheimer Support Group.

### Runnels County Alzheimer Support Group

The monthly Runnels County Alzheimer Support Group will be held at Central Texas Nursing and Rehabilitation Center from 6:30-7:30 p.m. the second Tuesday of the month from. All concerned citizens are invited to share in discussion and education about the disease process and caregiver perspective.

There is no charge for this public service sponsored by the National Alzheimer Association.

### Sobriety First AA Group

Sobriety First Alcoholics Anonymous group will meet at the First United Methodist Church, Ballinger, at 7 p.m. every Monday, Tuesday, Thursday and Friday. The group will meet Saturday with prior arrangements. Please use the Avenue A and Seventh Street entrance. For more information please contact the church at (325) 365-2323.

### Alanon meetings

Alanon meetings are held at the First United Methodist Church at 7 p.m. Monday and Wednesday night. Enter on the Avenue A and Seventh Street side. Alanon is open to all family, friends of alcoholics or drug users. For more information call (325) 365 2323.

# Technology increases medication adherence

One of the most important issues developing as the Baby Boomer Generation began turning 65 in 2011 is the issue of medication adherence. The International Society for Pharmacoeconomics and Outcomes Research defines adherence as: "The extent to which a patient acts in accordance with the prescribed interval and dose of a dosing regimen." While persistence is defined as: "The duration of time from initiation to discontinuation of therapy." The insurance industry reports adherence as proportion of days covered (PDC) and may penalize pharmacies by deducting reimbursement for patients with a low percentage of PDC which penalizes the pharmacy for the patient not taking their medication.

Another performance measure is the medication possession ratio (MPR). The number of days a patient has medication in their possession compared to how many days they are supposed to have medication. This applies for specific disease categories: (1) Diabetes including use of (a) Angiotensin Converting Enzyme Inhibitors (ACE-I), Angiotensin Receptor Blockers (ARB's) and Statins for those with Lipid Disorders. Different companies have targeted



Philip Rolland  
Pharmacist  
Keel Drug

several disease conditions for monitoring claims data.

There are many reasons a patient may stop taking their medication: (1) to avoid potential or actual adverse drug reactions, (2) because they do not believe they need the medication, (3) they no longer believe the medication is working, (4) the prescriber directed a change: (a) drug holiday, (b) dosing change or (c) dose discontinuation. There are many legitimate reasons a person stops taking their medication and this is reflected negatively in the claims monitoring data on any particular pharmacy.

That being said, there are several "FREE" Android and iOS applications that can help you monitor your medication adherence with medication reminders and alerts and even linking refill information to your pharmacy: (1) Medisafe (Android 4.5) (iOS 4.5) (2) Mango Health (Android 4.4) (iOS 4.5) (3) Dose Cast (Android 4.3) (iOS 4.5) (4) Med Coach (Android 4.0) (iOS 4.5) (5) Glucose Buddy (Android 4.5) (iOS 4) of these Med Coach has medication reminders and links to the pharmacy for refills. This technology can help you take charge of your healthcare decisions and empower you to make the best

healthcare choices for yourself.

Keel Drug is offering our new Medication Synchronization Program to help you make the best healthcare choices for yourself. Our system will give you a refill reminder call five days before your refill is due and allow you to decide whether you would like that medication refilled. This allows you to adjust to changes in your medication regimen e.g., you can decline the refill if you have stopped taking the medication, the medical provider has changed your dose or your medication or if you are experiencing side-effects and need to speak to your medical provider before continuing therapy. The choice and power of making healthcare decisions is placed back in the hands of the patient - even though the insurance company may take away part of the paid claim - we must still do what is best and right by our patients. In addition, our system will notify you via Text Message or Email when your prescriptions have been filled and are ready to pick up in the pharmacy. Or you can take advantage of our FREE DELIVERY service if you live inside the city limits.

Philip Rolland, Pharm.D., M.H.A.  
Guest Healthcare Columnist Pharmacist In Charge Keel Drug



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## CODE

CONTINUED FROM 1

the property.

The process usually takes about a month, if the property owner ignores the notice, said City Secretary Shelly Antilley-Guevara.

"It takes about a month for the home to be placed on the tear down list if we do not hear from the property owner," Antilley-Guevara said.

The property owners are billed for the tear down, and if they do not pay, the city places a lien on the owner she said.

The council actually works with some property owners who are elderly or out of town.

"The city is working with some property owners who voluntarily want to tear down (the structure)," Davis said.

Bergman and the city council are behind the effort, so much so that they are looking to hire a full time code enforcement officer in the coming budget year.

"We need to dedicate it to a full time position," Bergman said. "We will be discussing this in our upcoming budget workshops that begin in July."

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# THE IDLE AMERICAN

## Just Trying to Help Out

Commentary by  
Dr. Don Newbury



TEXAS  
COLUMNIST  
**Don  
Newbury**

The water of 38 years has flowed under the bridge since I "stole" a hearse. Surely the statute of limitations has kicked in by now, thus this confession.

I am NOT, however, admitting guilt. Instead, I was the "victim" of yet another Groner Pitts prank. Friends who knew this merriest of morticians—who reigned in Brownwood for a half-century—also were "victimized" from time to time.

Yet, I never had a better friend, and Brownwood (TX) never had a greater ambassador. And thousands who followed his antics for three decades through the late George Dolan's daily columns in the Fort Worth Star-Telegram never lacked for laughs. Many were often ensnared in his web of tomfoolery. I'm probably the only "victim," however, to "steal" a hearse—one partially owned by Pitts himself....

\*\*\*\*  
The "pro's pro" among morticians, he had fitting first and last names (Groner? Pitts?). Even his initials (GAP) pointed to the grave. The Cleburne native conducted funerals with utmost dignity. To the Brownwood community, he was "Uncle Groner," the "go to" guy counted on by several hundred grieving families annually.

During slack time, however, he was helping college students... or assisting others who'd reached rope's end (maybe striking out in Austin or Washington DC)... or co-signing bank notes... or—maybe this should head the list—plotting his next shenanigan.

He befriended me from my first enrollment at Howard Payne University. Though 15 years my senior, he was a fellow "trooper" in the Texas National Guard, and best man when Brenda and I married in Alpine almost 49 years ago. I was privileged to speak at his funeral in 2004. Upon his death, thousands of "Groner Pitts stories" were shared, locally and beyond....

\*\*\*\*  
Admittedly, I was an accomplice during many of his escapades. Yet, many times when pies were thrown toward him, they coated my face instead.

That's the way I choose to remember the day I "stole" the hearse. Had it happened today, I might have gone down in a hail of bullets, or, short of that, endured the indignity of arrest, the messiness of finger printing, the ordeal of a trial, etc.

I might never have been a university president, but likely could have remained the "PR flack" at Tarrant County College, because my boss, Dr. Joe B. Rushing—a classmate of Groner's at Howard Payne—might have ruled in my favor. He KNEW Pitts well, and sometimes was a co-conspirator. It was indeed an era not unlike "Mayberry, RFD."...  
\*\*\*\*

Here's what happened. On that long ago day, Pitts was bored. He decided to charter a plane to fetch some press people to Brownwood, ostensibly to "cover" a reception for new Filipino nurses at Brownwood Regional Hospital.

As requested, I contacted a half-dozen press folks, promising them chicken and biscuits on the way down and a "surprise" on the flight back.

I was blissfully ignorant, NOT privy to what the "surprise" would be....  
\*\*\*\*

On the returning flight over Granbury, Pitts feigned boredom, ordering the pilot to land. (He'd arranged a special act for the press at the Opera House.) One of the writers, Roger Summers, groaned, fearing he'd miss a deadline.

I spotted a hearse near the theater, presuming the late George Martin, Groner's Granbury partner, was "in" on the deal. The key was in the ignition, so, when lights darkened, Roger and I slipped out of the theater. We took the hearse—okay, I took the hearse—dropping Roger off 40 miles later in downtown Fort Worth at the Star-Telegram. Then, I was off to DFW where I'd leave the hearse and retrieve my car. (I didn't realize Martin was not privy to the goings on, and was merely stopping off for a cup of coffee near the Opera House.)...  
\*\*\*\*

\*\*\*\*  
When Martin discovered his hearse missing, things got tacky. Another hearse had been stolen a few days earlier, so the local mortician was

somewhat edgy. He notified authorities. They gave chase.

We missed several road blocks by minutes. No arrests were made. All—or most, anyway—was forgiven. Summers made his deadline. I was spared.

Memories of Pitts' big heart—and his shenanigans—live on. He won all the community awards Brownwood had to offer, some twice. He deserved them all....  
\*\*\*\*

\*\*\*\*  
Dr. Newbury is a speaker in the Dallas/Fort Worth Metroplex. Inquiries/comments to: newbury@speakerdoc.com.

### CAFETERIA MENU Subject to Change\*

June 15-18

#### Summer Feeding Breakfast Menu

**Monday**  
Breakfast Pizza, Apple, Fruit Juice, Choice of Milk.

**Tuesday**  
Pancake on a Stick w/ Syrup, Peaches, Fruit Juice, Choice of Milk.

**Wednesday**  
Pop Tart, Mixed Fruit, Fruit Juice, Choice of Milk.

**Thursday**  
Blueberry Muffin, Orange, Fruit Juice, Choice of Milk.

#### Summer Feeding Lunch Menu

**Monday**  
Burrito, Carrot Sticks, Orange, Choice of Milk.

**Tuesday**  
Grilled Cheese Sandwich, Green Beans, Raspberry Slush, Choice of Milk.

**Wednesday**  
Corn Dog, Carrot Sticks, Apple, Choice of Milk.

**Thursday**  
Hamburger, Oven Fries, Pear, Choice of Milk.

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## Effective warm-weather workout

More Content Now

### Tip of the Week

The warm weather is finally here, and that means you can shed those layers and hit the beach! It also means that it's a great time to ditch the gym and take your workouts outside to help you shape up for this summer. Celebrity and professional athlete trainer Gunnar Peterson offers these simple tips to help you stay in shape and maximize your workouts this summer:

\* **Hydrate.** Dehydration can decrease strength, reduce endurance and delay muscle response. When you sweat you lose more than just water, so make sure to drink fluids with electrolytes such as Propel Electrolyte Water during exercise. This is especially important in the summer heat.

\* **Travel smart.** People often find their schedules packed with summer travel plans. When you're on the road, main-

taining a workout routine can be difficult. Keep your workout regimen alive! Remember that even small steps count. Book a hotel room at least a few floors up and take the stairs. Or, if you're limited to lower levels, do calf raises in the elevator.

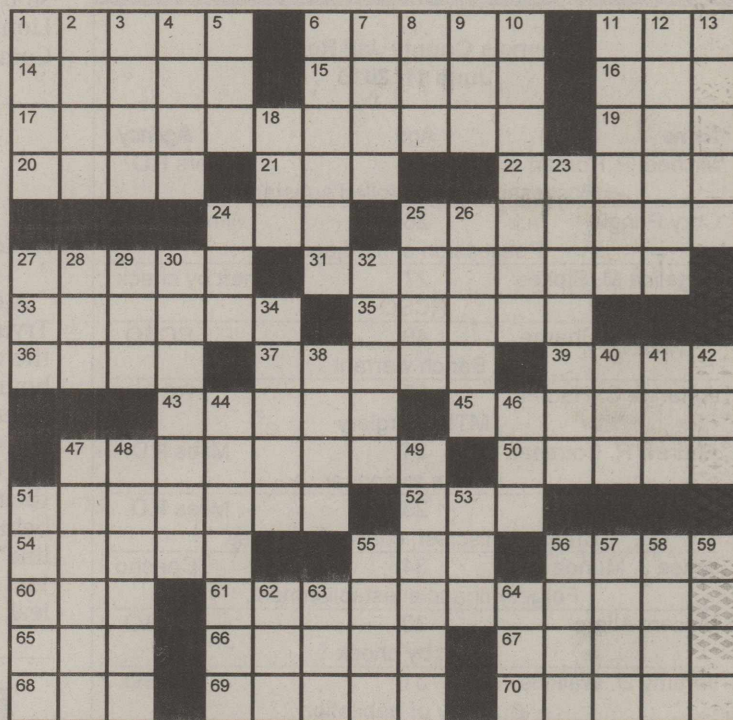
\* **Say yes to sodium.** Salt is the most important electrolyte because you lose it in the highest concentration when you sweat, so drinking an electrolyte enhanced beverage during hard workouts is important. High heat indexes during the summer months increase the risk for heat illness. Sodium supports better hydration by stimulating thirst and promoting fluid retention.

\* **Say no to excuses.** It's easy to find excuses not to exercise in the hectic summer months. Prioritize fitness so excuses can't get in the way. In the early morning hours, you are less likely to be bothered by phone calls and emails.

### CROSSWORD PUZZLE

"Suits Me!"

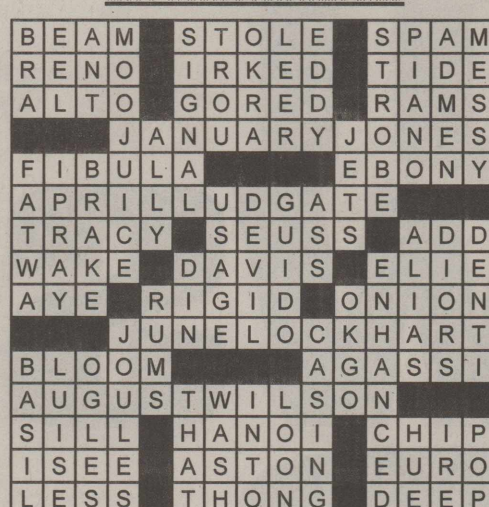
- Across**
- 1 Essential to life
  - 6 Japanese verse
  - 11 Stamper's ink source
  - 14 Hut material
  - 15 Antiquated
  - 16 Night before
  - 17 "Sweet Caroline" singer
  - 19 TV Chihuahua
  - 20 Presidents' Day event
  - 21 Prescribed meds
  - 22 Wet
  - 24 Scratch (out)
  - 25 Devoted
  - 27 Part of a simple bouquet
  - 31 "The Maltese Falcon" detective
  - 33 Moved like a worm
  - 35 Prevent
  - 36 New Age singer from Ireland
  - 37 Parenthetical comment
  - 39 Face up to
  - 43 Blakely of "Nashville"
  - 45 Issue
  - 47 Singing group
  - 50 Saw
  - 51 Hanukkah top
  - 52 Horse bit
  - 54 New Age musician from Greece
  - 55 Burning
  - 56 Reply to "Shall we?"
  - 60 Weight abbr.
  - 61 Military decoration
  - 65 Draft choice
  - 66 Lexicographer's concern
  - 67 Magazine copy
  - 68 Old video game inits.
  - 69 Whale finder
  - 70 Expensive



- Down**
- 1 Moving vehicles
  - 2 Light bulb, in a cartoon
  - 3 Hard work
  - 4 Talented
  - 5 Was ahead
  - 6 Deceptive tricks
  - 7 "\_\_\_ for the poor"
  - 8 Wedding promise
  - 9 Author Follett
  - 10 Remove veils
  - 11 Sentence ender
  - 12 Park or Fifth
  - 13 France's patron saint
  - 18 Bug
  - 23 Fearful
  - 24 Look at

- 25 "T. J. Hooker" actor
- 26 Perfumer Lauder
- 27 Go out
- 28 Cape \_\_\_\_, Mass.
- 29 A loof
- 30 Get a piece of
- 32 Bye word
- 34 Social
- 38 Order to a broker
- 40 Laundry room brand
- 41 Scrambled fare
- 42 Simple top
- 44 "\_\_\_ Rex" (Sophocles)
- 46 Welcome \_\_\_ (item at the door)
- 47 '40s pinup Betty
- 48 Telescope parts
- 49 Water heater
- 51 "Blowin' in the Wind" singer Bob
- 53 Did lunch
- 55 Links org. for women
- 56 For fear that
- 57 Deftness
- 58 False's opposite
- 59 Bit of choreography
- 62 Kind of show
- 63 Headed
- 64 \_\_\_ Master's Voice

### LAST WEEK'S ANSWER GRID



## Weather Whys

**Q:** There were sightings recently in Texas of "UFO clouds" that are oddly shaped. What kind of cloud is it?

**A:** These are most likely the lenticular cloud, says Brent McRoberts of Texas A&M University. "One reason they may be mistaken for UFOs is their odd shape," McRoberts explains. "Lenticular clouds are so-called because they often look like a camera lens, many times looking like huge pancakes stacked on top of each other. Also, lenticular clouds don't move like other clouds and tend to linger in one spot for a long time. It is rare to see them in Texas or any southern state, and they are often seen in the western U.S. but have been photographed all over the world, including Spain, Australia and France."

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# ROUND-UP

## Runnels County

4 Winters Enterprise

Thursday, June 11, 2015

### VETERAN'S CORNER

June is PTSD Awareness Month. In 2010, Congress established June 27 as PTSD Awareness Day following Senator Kent Conrad's efforts to designate a day of awareness as tribute to North Dakota Army National Guard SSgt. Joe Biel. SSgt. Biel suffered from PTSD after two tours of duty in Iraq and subsequently took his own life. This tragic event emphasizes the need for everyone to work together to help those living with PTSD. If you know someone who needs help with PTSD, you can call the Veterans Crisis Line at 1-800-273-8255. For more information, contact Sandra at the Veterans Service Office at 602 Strong Ave on Tuesdays and Thursdays from 10am to 3pm, or call 365-3612.

Sandra G. Van Zant  
Veterans County Service Officer

## Sonora readies for 78th Annual Wool and Mohair Show slated for June 16-18

WINTERS ENTERPRISE  
STAFF REPORT

SONORA - The 78th Annual Wool and Mohair Show, held in conjunction with the 55th National 4-H Wool Judging, the 15th FFA Wool Judging contests and a plethora of other ranch-related youth judging competitions, is set for June 16-18 in the Sutton County 4-H Civic Center in Sonora.

Pascual Hernandez, Texas A&M AgriLife Extension Service agent in Sutton County, said the events will be conducted by AgriLife Extension in cooperation with the Sonora Lions Club, Sonora Wool and Mohair Company, and Sonora Chamber of

Commerce.

"The fleece show and contests encourage profitable livestock production, knowledge of rangeland vegetation, and proper wool and mohair fleece preparation," he said. "We also try to make these events fun learning experiences aimed at ranching practices common in our range production area. We'll begin weighing and tagging wool and mohair fleece entries at 10 a.m. on June 16. All fleeces must be in by 3:30 p.m. that day."

Judging registration on June 17 will start at 7 a.m. Livestock judging competition will begin at 8:15 a.m., as will judging of the junior wool

and mohair fleece entries.

Range judging participants will depart from the Sutton County 4-H Civic Center at 10 a.m.

The wool and mohair judging contest will begin at 1:30 p.m.

The national 4-H and FFA wool judging contests begin at 8 a.m. June 18.

The three days of activities will culminate with an 11:30 a.m. awards luncheon June 19, sponsored by the Sonora Lions Club and the Sonora Chamber of Commerce.

For more information, contact the AgriLife Extension office in Sutton County at 325-387-3101, or <http://sutton.agrilife.org>.

### Public Record

#### Runnels County Jail Record June 11, 2015

Name	Age	Agency
Michael P. Roman	29	Winters P.D.
Possession of controlled substance		
Cory Pringle	26	Winters P.D.
Possession of marijuana		
Angelica M. Stokes	27	RCSO
Theft by check		
Leonica A. Sharpe	49	RCSO
Bench warrant		
Johanna C. Harper	26	RCSO
MTR- burglary		
Andrew R. Borresai	24	Miles P.D.
Failure to appear		
Jose A. Rios	25	Miles P.D.
Criminal mischief, criminal trespass		
Jesse J. Munoz	34	Concho
Forgery financial establishment		
Vincent Alfaro	30	RCSO
Theft by check		
Jeremy D. Watkins	31	RCSO
Burglary of habitation		
William D. Balcom	34	Ballinger P.D.
Possession of controlled substance		
Aynulfo Silva		RCSO
Bail jump, possession		
Sherry M. Rivas-Ladd	32	Menard
Possession		
Herry S. Chappell	40	Concho
D.W.L.I		
Michael Keese	36	Ballinger P.D.
Public intoxication		
Cynthia A. Swaim	36	Ballinger P.D.
D.W.I.		
Herry J. Chappell	40	Concho
Class C D.W.L.I		
Ann R. Norris		RCSO
Theft		

### HERE IN TALPA

By Talpa Bob

Hello To All:

A quiet week out here. Trying to stay up with the weeds...mow just four hours a day and you lose ground.

A couple of the houses out here have already got their new roofs started being put on. Ours "is in line" the guy said. Okay, just as long as it doesn't leak. They came out and

put about 90% of Darr's roof on, said that they would be back Monday to finish it, that was last Monday.

Judy's shoulder is doing better. She is doing okay enough that I feel that I can leave and go to Dallas for my Dr. appointment. Put it off a month already and he will probably fuss about that.

Anyway, I need to get

on the road to Dallas and will report back next week on all the wonderful things that I see and all the fun. ha Everyone out there that has ever gone to a urologist knows it ain't gonna be any fun. My granddaughter, Karen Dunn, is going to ride with me to Wiley and stay a week with her cousin, Hannah Tittle. That is the Wiley that is just South

of Plano. We have given both a sewing machine and a ton of fabric. Those two little girls are going to develop into master seamstress. My daughter Kristen is a fair hand and will show them a lot of tricks in sewing hems and stuff.

And so it goes in our quiet little corner of Coleman County.

Talpa Bob

## Home Help: Must-do home improvements to withstand severe summer weather

More Content Now

**TIP OF THE WEEK**  
Mother Nature can be hard on your home, especially during the summer months. Thunderstorms, tornadoes and hurricanes can cause extensive damage to houses and entire communities. Some preparation, however, can help homeowners defend their

homes against severe weather damage.

Here are six home improvements you can undertake to help protect your home from summer storm damage:

1. Repair or replace windows: Check the condition of your home's windows as well as the weather stripping around them. Re-caulk windows where stripping is worn, and replace any windows that are damaged. If you live in an area prone to storms and high winds, consider investing in some plywood or permanent storm shutters that you can keep on hand to cover windows when a storm approaches.

2. Install a standby generator: Power outages are a common result of severe weather, and losing power can cause further damage to your home. Automatic standby generators, like those from Kohler, turn on within seconds of a utility power outage, run on propane or natural gas and are connected to the home, similar to an outdoor air conditioning unit. Automatic standby generators keep criti-

cal appliances operating when the power goes out, ensuring you won't go without refrigerators, sump pumps, and critical home systems such as air conditioning.

3. Install a sump pump: Summer storms frequently bring flooding to many areas of the country. If your home has a basement, investing in a sump pump can help prevent the costly damage caused by flooding. Heavy rains can quickly fill a basement with water, damaging anything stored there, as well as vital systems such as furnaces or water heaters. A sump pump with an automatic sensor will turn on as soon as it detects water.

**HOME-SELLING TIP**

Start at the curb. Poor curb appeal can put buyers off to your home before they even step foot inside. Make sure your home's outside is every bit as beautiful as the inside. Paint the exterior if you need to, plant flowers in the flower bed and mow the lawn. Buyers should never walk up to your

front door already thinking it's a fixer-upper.

**DECORATING TIP**

Color transforms mood and can evoke specific world cultures, regions and locations. Manipulating color in your kitchen design can allow you to either create a complete ethnically inspired theme or simply hint at a regional influence. For example, walls in a soft, glowing orange paired with dark red accents can build an Asian-influenced backdrop for a kitchen. Or, a tile backsplash with Aegean blue and pale sand hues can speak of a subtle Mediterranean influence.

**BROTHER J**

### My Priorities and to do List

I don't know when I started it but it has really made life easier and more enjoyable. It is making a list of things that are important or things that need to be done and then working off of that list. There are certain things on that list that do not change and others that do. Just as we are made in the image of God who makes plans and them makes them happen so can we if He lets us or allows it, (Matthew 5:36, Isaiah 37:26, Psalm 20:4&5, Proverbs 16:3&9, 21:5). As I look over my list I can see what progress I am making and what needs to be done. I can see some victories and I can also see some defeats or things undone. Number one on my list is my relationship to God and to commit myself to Him, (Psalm 22:8, 37:5). Another priority on my list is to attend Church and Sundayschool or Bible study, (Exodus 20:8-11). Also near the top is trying to read my Bible daily and spend some time in prayer. In looking to the future I would like to have a closer walk and sweeter fellowship with God. What brought about this new way of was my accepting Jesus Christ as my Lord and Savior years ago, (2 Corinthians 5:17, Galatians 2:20). Have you made your plans (To do list)? See you in Church next Sunday.

Brother J

# GOT NEWS

We welcome your news items and photos to include in the upcoming edition of **The Ballinger Ledger** or **Winters Enterprise**

Choose the way that's most convenient for you

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Deadlines are as follows: News items - Noon Monday; Display advertising - 5 p.m. Monday; Classifieds line advertising - 11 a.m. Tuesday.

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# All-District Baseball Honors



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**DAVID TORRES**



**JORDAN HAMRICK**

## HONORS

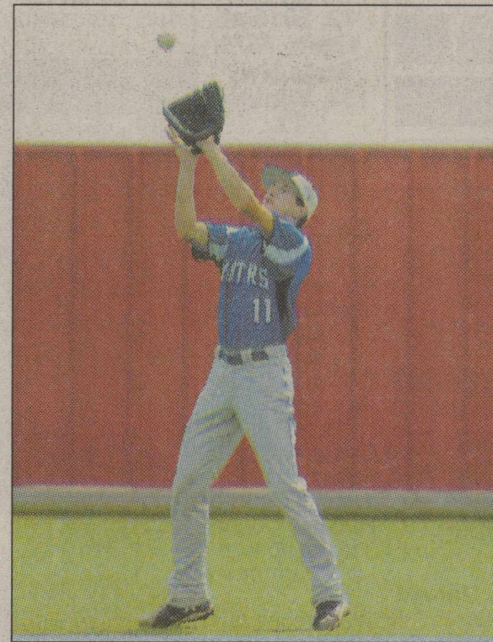
CONTINUED FROM 1

Other honorees included Shelton Hohensee of Miles, Riley Potter of Cross Plains; Cotton Bane of May, Holden Sinclair of Cross Plains and Christian Valencia of Goldthwaite, Elisha Cisneroz of San Saba, Trevor Horton of Goldthwaite, Hunter Owens of Miles, Brody Elkins of May, Rocky Gage of May, Josh Cazares of San Saba, Korbin McLean of Cross Plains, Jansen Head of Goldthwaite, Payton Johnson of San Saba, John Welch of San Saba, Bryce Lewis of San Saba, Cody Krueger of Miles and Kaleb Carroll of Miles, Gage Freeland of May, Quaid Seward of Goldthwaite, Ryan Lamanick of Cross Plains and Brant Harris of Miles.

Coach of the year went to Kully Hoffpaur, head coach of the Miles Bulldogs.



**KYLE RICHARDS**



**LUKAS KRAATZ**



**TY CORTEZ**

JOE GERHART | CONTRIBUTED PHOTO

Above: Ty Cortez of Winters was named Defensive MVP. Kyler Richards of Winters was named Co-Newcomer of the Year; Daniel Gerhart, pitcher, 1st team; Sawyer Harris, catcher, 1st team; David Torres, 2nd team; Jordan Hamrick, infielder, 2nd team; Daryl Hagle, outfielder, 2nd team and Lukas Kraatz, outfielder 1st team.

Right: Honorable Mention from left to right: Aimee Green and Cedie Taylor.



## Tips: Keep your pet happy and healthy this summer

More Content Now

**Tip of the Week**  
Summertime allows you to spend more time outside in the sun, enjoying breezy days and a vacation state of mind. But before you get caught up reveling in all that nice weather, it's important to keep your furry friends in mind. For curious pets, warm temperatures and increased outdoor time can be a recipe for trouble.

Maintaining a pet-friendly lifestyle and home in the summer doesn't have to be expensive or time consuming. With a few simple tricks and tips, you can ensure your pet will thrive dur-

ing the sunny summer months.

Your dog or cat is always there for you, now it's time to do them a favor. Keep these tips from D&D Technologies, an award-winning lock and safety company, in mind for a happy and healthy pet:

- Keep head and paws inside the car. Driving down the road, you might see several cars with paws and heads sticking out the window. While most dogs love to feel the wind in their fur, it can seriously aggravate the mucous membranes and blow dust and dirt in their eyes. When your dog's tongue is flying in the breeze, insects or

other debris can enter nasal passages or the windpipe, possibly causing an emergency trip to the vet and even permanent damage.

- Check your pet's collar regularly. For growing pups and kittens, be sure to monitor how quickly they grow. Check their collars at least once a week for the first year, or until they are fully grown. Not only does a too-tight collar cause excruciating pain, but it can literally grow right into your pet's neck. To be safe, you should be able to easily fit two or three fingers between the neck and collar.

- Keep your yard safe.

## Daughter with absent father needs to be told the truth

**DEAR ABBY:** Several months after I had my first daughter from a six-year relationship that ended sadly, I started flirting with a married man. (I realize now that I was still heartbro-

ken and trying desperately to forget my ex.) The flirtation turned into a full-blown affair that resulted in another child. Her father isn't in the picture because the now-ex-wife (who still

lives with him) forbids him from having any contact whatsoever with our daughter.

I admit I have lied by telling my little girl that her daddy is a workaholic, and that's the rea-

son he doesn't see her when she asks about him. She is now 4. How or when do I tell her the truth? Would counseling help? -- ON THE SPOT IN CALIFORNIA



**DEAR ABBY**  
Abigail Van Buren

**DEAR ON THE SPOT:** You didn't mention whether your former lover is contributing financially to the support of his daughter, but if he isn't, please make sure he does. An attorney can help, and so can the child-support agency in your state.

And yes, it would also be a good idea to discuss this with a counselor to help you communicate to your daughter, in a way that's age-appropriate and won't damage her self-esteem, that Daddy won't be in the picture. It's important she knows she can trust her mother to give honest answers when she asks a question, because if she doubts it, it may create problems when she's older.

**DEAR ABBY:** My husband and I were going along in life, doing it

our way, until we decided we wanted to return to the church, so we stopped drinking and smoking pot. We hit a rough patch in that journey and divorced, but we didn't stop going to church. It's crazy, I know.

After we divorced, I knew I messed up and deep down I knew I loved him.

So, now that we have remarried, it seems like he's taking the role of Christian husband back to biblical times. This means he is the head of the house (which I get), but to the point where I am almost like a fixture.

I would say I'm here for my looks, but I am overweight. I would say it's for the sex, but it isn't happening morning, noon and night, if you know what I mean. I would say it is the money, but now, after his last raise, he makes more than I do.

He cooks most of the time because he gets home before me. The house is always clean, and we share the household bills and expenses.

So, I'm kinda lost and confused. Do I have a purpose here? Or am I only here to help pay the bills? -- STARTING TO WONDER

**DEAR STARTING TO WONDER:** Only your husband can answer that question. However, part of a husband's duties to his wife is to make her feel "honored and cherished," and if that isn't happening, your remarriage is in trouble. Marriage counseling (possibly within the church) might help you to reconnect with each other, and I strongly recommend it. Unless you find out why you're unhappy and fix it, this marriage will not last.

*Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.*



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